





2014 FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Basic/ Zumba Sentao 6:30 p.m. (returns in September)	Insanity 6:30 a.m. Yoga Flow Noon Chair Yoga 1 pm Intermediate Tai Chi 6 p.m. Advanced Tai Chi 6:50 p.m.	Yoga Basics 5 pm Yoga Flow 6 pm	Chair Yoga 12:10 pm Beginner Tai Chi 6 p.m. Advanced Tai Chi 6:50 p.m.	Gentle Fitness 11 a.m. (starts in October) Strength Training Noon (starts in October)	
					
ZUMBA Basic/Sentao MON 4-Week Session \$16 MEM, \$ 20 RES, \$24 NR		Yoga Flow TUE \$16 MEM, \$20 RES, \$24 NR WED \$16 MEM, \$20 RES, \$24 NR		Zumba Toning TUE \$16 MEM, \$20 RES, \$24 NR THU \$16 MEM, \$20 RES, \$24 NR	
Tai Chi TUE \$16 MEM, \$20 RES, \$24 NR THU \$16 MEM, \$20 RES, \$24 NR		Chair Yoga TUE \$16 MEM, \$20 RES, \$24 NR THU \$16 MEM, \$20 RES, \$24 NR		Gentle Fitness (55+) (30 minutes) FRI \$16 MEM, \$20 RES, \$24 NR	
Insanity TUE \$16 MEM, \$20 RES, \$24 NR FRI \$16 MEM, \$20 RES, \$24 NR		Yoga Basics WED \$16 MEM, \$20 RES, \$24 NR		Strength Training (55+) FRI \$16 MEM, \$20 RES, \$24 NR	

Monthly session prices are \$4/class for members, \$5/class for residents and \$6/class for non-residents. Day passes \$7

- Unless noted, session prices are based on four classes per month which is subject to change.
- Classes are for 50 minutes.



Greenwood Parks and Recreation, (317) 881-4545



Updated 7/30/14

Greenwood Parks & Recreation

Your solution to life-long happiness, health and vitality

Zumba— Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix, and you've got Zumba.

Zumba Toning— When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all of the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

Zumba Kids — Join us for this exciting new class that combine exercise and dance. Your child will have fun, get some exercise, learn to dance and socialize with others. This class is designed to improve coordination, increase muscle tone, add endurance and get rid of excess body fat. For children 7-11 years old.

Zumba Kids Junior — Join us for this exciting class that combine exercise and dance. Your child will have fun, get some exercise, learn to dance and socialize with others. This class is designed to improve coordination, increase muscle tone, add endurance and get rid of excess body fat. For children 3-6 years old.

Yoga Flow – in this class yoga poses are presented with an emphasis on alignment guided by breath. This is a safe and effective practice leading to increased strength, endurance, balance and awareness leaving you feeling relaxed and renewed. Suitable for all levels.

Yoga Basics– Through basic yoga poses, alignment principles and breath, this class allows you to discover the benefits of yoga at your own pace. Modifications and adjustments will be available to ensure your comfort. Great for beginners and those that prefer a soothing and serene practice.

Chair Yoga- Experience the benefits of yoga poses using the assistance of a chair. The class consists of seated and standing poses and stretches, and ends with relaxing meditation. This class is perfect for those who want a gentle, relaxing yoga experience.

Tai Chi—These classes teach the classical Tai-Chi slow moving sequence for health, coordination, balance and stress release. You will also learn deep breathing techniques.

Turbo Kick — This Beachbody fitness class combines cardio kickboxing with body-sculpting dance moves all set to today's most popular music. You will get lean and toned and have a great time doing it. It's addicting!

Insanity — Join us for the most heart-pumping, muscle-shredding, sweat-dripping, high-intensity cardio workout. This class will take you on a personal journey guaranteed to change your life.

Get Healthy...Get Fit...Get Going!

Fitness Class Policies & Guidelines

- Sign up for the session whenever you wish. We **pro-rate** your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up.
- Students are not encouraged to register for a session after the second week of a new session in Yoga unless you have prior experience.
- Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.
- If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.
- Each session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.
- If student is under the age of 18, he/she must be at least 15 and accompanied by an adult.
- Refund Policy: you will only receive a refund if you request the refund before the session you are signed up for finishes.